Part 1  
Community Education

1. Welcome children and caregivers
2. Vitamin A and deworming given today
3. Explain age to dose relationship
4. Give every 4 to 6 months
5. Benefits of vitamin A and deworming together:
   - Strong
   - Healthy eyes
   - Free of worms for better nutrition

6. Side effects that may occur:
   - Nausea
   - Vomiting
   - Headache
   - Loss of Appetite
   - Swelling of the Fontanel (soft spot on head)
   - Mild Abdominal Pain
   - Diarrhea
   - Fatigue

7. Rare side effects: only 5 out of 100 children

8. Side effects last a maximum of 2 days

9. For symptoms beyond 2 days, or if other symptoms develop, get medical help

10. Other effects of deworming: Worms may be in the stool or in very rare cases exit nose or mouth – these can be pulled out or spit out

11. Very safe; even with vaccines

12. Ask for questions
Eligibility Criteria to Qualify

13. Ask for child’s name and health card – use to verify name, age, and last dose

14. Check for eligibility. Child is not eligible for a service unless they meet all criteria listed below that service. Never send vitamin A or deworming home with a caregiver to give to the child later.

**Qualify for Vitamin A**

- **Ask**: How old is your child?
- **Check**: Age is 6-59 months

- **Show vitamin A capsules to caregiver**
- **Ask**: When did child last receive vitamin A?
- **Check**: No vitamin A in past 1 month

Ask caregiver if child has any of the following today. If so, do not give service and refer child for medical help.

For vitamin A – OBSERVE and make sure there is NO:

- Severe Difficulty Breathing Today

**Qualify for Deworming**

- **Ask**: How old is your child?
- **Check**: Age is 12-59 months

- **Show deworming tablets to caregiver**
- **Ask**: When did child last receive deworming?
- **Check**: No deworming in past 1 month

Ask caregiver if child has any of the following today. If so, do not give service and refer child for medical help.

For deworming – OBSERVE and make sure there is NO:

- Severe Difficulty Breathing Today
- Vomiting Today
- Fever Today
- Severe Diarrhea Today
Part 2b

**Giving Vitamin A**

15 Clean your hands

16 To prevent choking, ask and make sure the child is calm.

_Never force a child to take vitamin A and do not give it to a child who is crying._

17 Choose dose by age

<table>
<thead>
<tr>
<th>6-11 Months (6 months up to 1 year)</th>
<th>12-59 Months (1 year up to 5 years)</th>
</tr>
</thead>
<tbody>
<tr>
<td>100,000 IU</td>
<td>200,000 IU</td>
</tr>
</tbody>
</table>

18 Caregiver holds head and helps child open mouth

19 Cut off capsule tip

20 Do not touch child; give vitamin A

21 Discard capsule in waste container

22 Ask if child has swallowed oil and is okay

23 Wipe oil off hands and scissors
Part 2c

Giving Deworming

**24** Choose dose by age. If using a half tablet, store the other half to use for another child.

**25** Crush tablet into fine powder with a glass bottle. *ALWAYS* crush deworming tablets for *ALL* children under 5 years.

**26** To prevent choking, ask and make sure child is calm. *Never force a child to take deworming and do not give it to a child who is crying.*

**27** Caregiver holds head and helps child open mouth. Do not touch, use folded paper to slowly pour powder into child’s mouth.

**28** Discard paper in waste container

**29** Ask if child chewed and is okay

**Optional:** After giving deworming to a child, you may give them clean drinking water in a clean cup. If clean water is not available, boiling, filtering, or chlorinating water can make it safe to drink.

**Alternate Crushing Methods**

- Crush with spoons
- Crush with mortar and pestle

If giving Mebendazole substitute this step for step 24 above

**24** Same dose for *ALL* children under 5 years

<table>
<thead>
<tr>
<th>12-23 Months (1 year up to 2 years)</th>
<th>24-59 Months (2 years up to 5 years)</th>
</tr>
</thead>
<tbody>
<tr>
<td>CRUSHED 200 mg</td>
<td>CRUSHED 400 mg</td>
</tr>
</tbody>
</table>

- Give the caregiver a disposable cup with clean drinking water to give to the child
- Discard disposable cup in waste container
Part 3  Recordkeeping and Exit Counseling

30 Record doses given on register and health card

31 Write return date for child and tell caregiver when to return

32 Very safe; even with vaccines

33 Side effects that may occur:

- Nausea
- Vomiting
- Headache
- Loss of Appetite
- Swelling of the Fontanel (soft spot on head)
- Mild Abdominal Pain
- Diarrhea
- Fatigue

34 Rare side effects: only 5 out of 100 children

35 Side effects last a maximum of 2 days

36 For symptoms beyond 2 days, or if other symptoms develop, get medical help

37 Other effects of deworming: Worms may be in the stool or in very rare cases exit nose or mouth – these can be pulled out or spit out

38 Benefits of vitamin A and deworming together:

- Strong
- Healthy Eyes
- Free of worms for better nutrition

39 Ask for questions
Job Aid
Visual Checklist for Giving Vitamin A and Deworming Together

Instructions: This visual checklist is a picture version of the performance checklist for Vitamin A Supplementation and Deworming (VAS+D). Each of the 39 steps in the performance checklist appear here in image form. The purpose of this visual checklist is to help you when you are delivering VAS+D and when you are coaching others to provide VAS+D, as approved by your organization.

As you practice and become skilled at providing VAS+D, you should use a ballpoint pen and make notes on this visual checklist to remind you of important points.

Here are the general steps for using the visual checklist when coaching others to provide VAS+D:

1. Explain: Use this visual checklist to explain each of the steps in VAS+D service delivery (using the performance checklist to provide more detailed information).
   - First, show and explain the three parts of the checklist.
   - Then, while everyone points to step 1, ask “What do you see in the picture?”.
   - Next, have one person read the words for step 1 aloud. Take turns doing this for all 39 steps.

2. Demonstrate: Perform all 39 steps in VAS+D service delivery using this visual checklist.

3. Coach: Ask the service providers to use their copies of the visual checklist to practice giving VAS+D (usually in pairs) while you observe and provide feedback.

4. Feedback: Give each service provider feedback on steps they are doing well and steps that they need to practice more.

Have one or more copies of this visual checklist available when VAS+D services are being given. You and the other service providers can refer to the checklist as needed to help ensure that correct and safe services are being provided.

For more information on VAS+D service delivery including a copy of the performance checklist, a video on how to provide VAS+D, and other materials, go to the Vitamin Angels’ website at www.vitaminangels.org.

What To Do if a Child Chokes

Staff administering tablets to small children should be trained in what to do if a child chokes. They should also have the authority and respect of the health post staff to act if necessary.

For Very Small Children:
- Lay the child’s chest on your thigh, then lean the child’s head down.
- Thump on the middle part of the child’s back 5 times using your palm.

If the problem is not resolved:
- Lay the child on your thigh facing upwards (child on its back).
- Press on the thoracic area of the child 5 times using your 2 fingers.
- Repeat if necessary.

For Older Children:
- Lay the child on his/her abdomen on your thigh, then lean the child’s head down.
- Thump on the middle part of the child’s back 5 times using your palm.

If the problem is not resolved:
- Hold the child from behind in a standing position with your hands below the child’s arms just below the rib cage.
- Press the child’s body upwards.
- Repeat if necessary.

Vitamin Angels gratefully acknowledges the adaptation of materials from UNICEF, WHO, the Micronutrient Initiative, and EngenderHealth for use in this checklist.